

**Want to learn more about COPD?**



**Chronic Obstructive Pulmonary Disease (COPD)** is a progressive lung disease, largely caused by smoking, and includes symptoms such as shortness of breath, coughing and frequent chest infections.

**Attend a free COPD education session**

These education sessions include information about:

**What is COPD?**

**How do I know I have COPD?**

**How do I manage my COPD?**

Sessions are held twice yearly through the Hants Health and Wellness Team.

For more information and to register, call **902-792-2061**.

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The INSPIRED COPD Outreach Program™

# Want to learn more about Advance Care Planning?



**Advance Care Planning** is a process of thinking about and sharing your wishes for future health and personal care, including end-of-life care.

## **Attend a free Advance Care Planning education session**

These education sessions include information about:

**What is Advance Care Planning?  
How do I complete a Personal Directive?  
Who should I choose to be my delegate  
decision-maker?**

Sessions are held twice yearly through the Hants Health and Wellness Team.

For more information and to register, call **902-792-2061**.

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